

Pelvic Pain during pregnancy

Pelvic Pain may occur due to the physiological pelvic ligament relaxation and increased joint mobility seen in pregnancy. The severity of symptoms varies from mild discomfort to severely debilitating pain. There appears to be no correlation between the degree of relaxation of the symphysis pubis and the level of pain and disability. Treatment is generally conservative and delivery is curative in the majority by 6 months post-partum.

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- Ligament laxity is often a good sign but we often dwell on the negatives associated with pregnancy rather than how amazing our bodies are at growing and accommodating for a baby. It may hint that the surrounding supporting muscles are not compensating well and it's more common to be worse and start earlier in subsequent pregnancies. So prescribed exercises are important, however they may need to be modified and constantly reviewed depending on how you respond to them.
 - Keep legs as close together as possible during all movements (like wearing an imaginary pencil skirt).
 - Place fist between knees while seated and gently push knees together for 2 seconds and release, repeat 5 times and perform daily.
 - Swivel both legs together when getting in and out of the car. Don't step in and out one leg at a time.
 - Stand with weight distributed evenly through both legs.
 - Consider using a SIJ pregnancy belt (Serola) or compression shorts (SRC or 2XU).
 - Trial heat or ice. There is no text book answer, do what gives you most relief.
 - Take smaller steps when walking.
 - Wear supportive footwear, not thongs. We can't heel-toe walk with thongs. Thongs change the mechanics of how we walk creating new and unnecessary strains on the body. It's hard enough accommodating to the change in posture with a belly!
 - Reduce asymmetrical lifting or carrying to one side (ie, children, walking the dog, carrying the shopping).
 - Pain may be worse at the end of the day if there has been a lot of movement during the day. The body still works with an inflammatory response.
 - Light massage the groin muscles (inner thigh).
 - Place a pillow between legs when sleeping.

